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In the treatment of all skin troubles bathe freely with Cuticura Soap and hot water, dry gently, and apply Cuticura Ointment to the affected parts. These fragrant super-creamy emollients tend to prevent little skin troubles becoming serious if used for every-day toilet purposes.

For sample of each free by mail address post-card "Cuticura, Dept. 22G, Boston." Sold everywhere. Soap 25c. Ointment 25 and 50c.

VICTORY BOYS AND GIRLS Are Organized for the United War Work Campaign.

With all eyes set on the fortunes of the United War Work campaign to be waged Nov. 11-18, Vermont is looking to its boys and girls to play an important role in the activities that are to send the old state over the top. And to the older workers who are assuming important parts in preparations for the drive it is an inspiration and stimulus to know that the youth of the state has been organized under the heads, "Victory Boys" division and "Victory Girls" division. The former has for its chairman Rolfe G. Reynolds of the Vail school, Lyndonville, and the latter has Miss Florence M. Wellman of Brattleboro. Charles E. Garrow of the Malden, Mass., Y. M. C. A., who has been loaned to Vermont for the campaign, is executive secretary of the "Victory Boys" division and Miss Mabel L. Southwick of Burlington is the executive secretary of the "Victory Girls" division, and with both departments boys and girls of Vermont are making haste to co-operate.

The chief aim of the two divisions is the development of boys and girls in intelligent, sacrificial investment of their lives in behalf of the "great cause." The appeal is to earn and give. The gift of money should result in a challenge to full preparation for the largest usefulness in the reconstruction days ahead. Boys and girls of Vermont, regardless of color or creed, are in the campaign movement heart and soul, and with "Earn and Give" as their slogan they are going to be a mighty big factor in making Vermont better than a 100 per cent state in the coming drive.

Why They Were There.

The governor of a prison was escorting a party of lady visitors through the building. They entered a room where three women were busy sewing. As they turned to leave, one of the visitors said: "What vicious looking creatures! What are they in for? They really look capable of committing almost any crime." "Well," slowly replied the governor, "you see they have no other home. This is my private sitting room, and they are my wife and two daughters."—Pearson's Weekly.

BIG INDEMNITY IS CLAIMED

Germany Must Pay for the
Wanton Destruction
Wrought

LANSING INFORMS
BERLIN GOVERNMENT

In Announcing That Foch
Will Submit Terms
of Armistice

Washington, D. C., Nov. 6.—Germany can have peace on the terms and principles enunciated by President Wilson, but it must pay an enormous indemnity for the wanton destruction wrought by its forces on land, on sea and in the air.

The German government is so informed in a note from Secretary Lansing now on its way to Berlin and which also announces that Marshal Foch has been authorized by the government of the United States and the allies to receive properly accredited representatives of the German government and to communicate to them the terms of the armistice "under which hostilities can be brought to an end."

Secretary Lansing's note quotes a "memorandum of observation" by the allied government on the president's correspondence with the German authorities in which those governments "declare their willingness to make peace with the government of Germany" in accord with the president's program, subject to these qualifications:

The specific understanding is that by restoration of invaded territories is meant that compensation will be made by Germany for all damages done to the civilian populations of the allies and their property by the aggression of Germany by land, by sea and in the air."

WILLIAM AND CHARLES CLINGING TO THRONES

But the Former's Hold Is Reported to Be
Very Precarious—Serious Differences
Arise Between the Berlin and
Munich Governments.

Zurich, Nov. 6.—Emperor William's abdication has become imminent, according to information received from Berlin by the Munich Post. The newspaper said that serious differences have arisen between the Munich and Berlin governments.

Basel, Switzerland, Nov. 6.—Reports to the effect that Emperor Charles intends to abdicate are denied by an official dispatch from Vienna.

Makes Tests for Concrete Ships.

In co-operation with the concrete ship department of the shipping board, the laboratory of the bureau of public roads of the United States department of agriculture has made several series of tests in order to obtain desired information looking to the safer design of concrete ships, a part of America's war program.

SAVE MEAT



NEW FLOUR MILL.

Randolph Firm Expends Considerable
Money and Is Well Patronized.

Randolph, Nov. 6.—N. N. Morse & Sons, gristmill proprietors here, have installed a new modern roller flour mill and equipment and are already very busy grinding wheat for farmers from surrounding towns, wheat from Randolph, Rochester, Bethel, Roxbury, Warren, Brookfield, Washington, Morrisville and Chelsea being at the mill awaiting its turn at grinding.

The flour mill is operated entirely by electricity and all three floors of the building are utilized for the mill and its machinery. The process in itself is very interesting and the owners plan to keep open house some day so that people may have an opportunity to see the mill in operation. It has a capacity of 25 barrels in 24 hours and on the first day's run made seven barrels of flour. It is the only modern roller mill between Burlington and Brattleboro and farmers are realizing the benefit they will receive from a place nearby to get their wheat ground. The proprietors report that some of the wheat that is now coming in is not dry enough to make the best of flour.

N. N. Morse & Sons are buying surplus wheat from the farmers at \$2.20 per bushel. Later they will obtain a copyright on a special brand of flour and hope to make as good flour as people are now buying from other mills.

The first grist of native wheat ground in this new mill was raised on a Chelsea west hill farm. This was brought to the mill by Mr. Daniels of Chelsea. Mr. Daniels is 82 years old and this was his first trip to Randolph in twelve years. N. N. Morse & Sons have also installed three other electric motors in their mill, together with a new substitute bolting machine. They are now able to make wheat flour, buckwheat flour, graham, entire wheat flour, India wheat, oat, rye, and barley flour, together with their usual line of business. The expense of installing this new plant was around \$5,000.

Every Man Had 'Em.

He was a rough and tough top sergeant, a letter from France, related. Standing before his company one morning, he addressed them as follows: "All you guys what's got cooties, march forward." A second later: "Comp-nee halt!"—Holyoke Transcript.

GERMAN PEOPLE ARE EXHORTED

Must Exercise Self-Discipline, Declares the
Government

WHILE THE STATE
BECOMES CHANGED

Manifesto Says That a Democracy Is Being
Built Up

Amsterdam, Tuesday, Nov. 5 (By the Associated Press).—In appealing to the German people for support, the Berlin government declares it must have confidence of the people and the Reichstag in carrying out reforms. The government manifesto, which was issued to-day, says Germany is being changed to a democratic state, but if the transformation is to be a success there must be a self-discipline among the people. The text of the manifesto follows:

"The burden of the present time is weighing heavily on the world and the German nation. We must overcome these hard days and their consequences. (Section missing.)

"The military administration has been placed under the responsibility of the imperial chancellor, a far-reaching amnesty has been granted and freedom of the press and right of assembly have been guaranteed. There still remains, however, much to do.

"The transformation of Germany into a people's state second to no other country in respect to political freedom and care for the welfare of the masses will be continued resolutely. The reorganization can only exercise its beneficial effects if it encounters among administrative and military authorities a spirit which recognizes and promotes its aims. We expect from our countrymen who serve the commonwealth in official positions, willing co-operation.

"In all parts of the state and empire we need the maintenance of public safety by the nation itself. We have confidence in the German people. It has proved its brilliant qualities during four terrible years of war and will not allow itself to be driven senselessly and uselessly into new misery by visionaries. Self-discipline and order are needed. All lack of discipline will most seriously endanger the conclusion of a speedy peace.

"The government and the commanders of the army and fleet want peace. They want it honestly and they want it soon. Until then we must protect our frontiers against invasion by the enemy. The troops who for weeks have been engaged in severe fighting must be relieved and rested. It is for this reason and no other that more men recently have been called up.

BROOKFIELD

Mr. and Mrs. C. R. Blake of Royalton were over-Sunday visitors of her parents, Mr. and Mrs. A. E. Sargent.

Mr. and Mrs. F. O. Ralph were in Barre Saturday with their son, Neil Ralph, and family.

Mr. and Mrs. Harry LaRose were in Randolph Friday on business.

Schools in town resumed sessions Monday.

David A. Bennett has sold his farm to his son, Arthur C. Bennett, and wife.

Mrs. W. E. Huggard is visiting relatives in New York state.

Mrs. E. T. Clark is spending several weeks at the home of A. G. Bigelow in East Brookfield.

Mr. and Mrs. W. S. Allis of Norwich, Conn., and Mrs. Laura Allis of Randolph were guests Wednesday of Mrs. A. L. Follansbee.

Mr. and Mrs. M. E. Chase and sons, Alton and Kenneth, spent several days with relatives in St. Johnsbury last week.

Mrs. Margaret Widdington is staying for a while with Mrs. Nancy Abbott.

Miss Elizabeth Lamson, who has been staying several weeks with Mrs. E. T. Clark, went to Randolph last week, where she expects to spend the winter with Miss Catherine Crane.

The Red Cross wishes all nutshells, peach stones, etc., sent in as soon as possible, as they are greatly needed by the boys now at the front. No matter how small the amount, they should be dried and left at L. W. Morse's store.

David Bennett went Monday to Pennsylvania, where he expects to spend the winter.

There will be church service at the usual hour, 11 o'clock a. m., at the Second church next Sunday, Rev. F. J. Locke officiating.

The meeting of the Woman's Relief corps will be held Saturday afternoon, Nov. 9, at 2 o'clock.

Mr. and Mrs. Ellsworth W. Chase went to Springfield, Mass., last week to visit his sister, Mrs. H. Holmes, and family.

Mr. and Mrs. Ernest Sprague and Deacon William S. Graves went to Plainfield Thursday to spend the day with relatives.

Mr. and Mrs. Fred Keyes are very happy over the arrival Tuesday of twins, a girl and boy, in their family.

Mr. and Mrs. W. S. Allis, who have been staying two weeks at their cottage, started Thursday afternoon on their homeward trip, making the round trip in their auto.

There will be a Red Cross meeting Nov. 13. The cartons for the Christmas packages for our boys overseas can be obtained, with instructions for packing, from Mrs. Amidon. Mrs. W. B. Colt and Mrs. R. S. Wilcox are the committee for inspecting and sealing the packages.

Starts Anti-Fly Campaign.

In small towns where there are no sewer systems the problem of disposal of waste is a very serious one. In one such town in Oregon the members of the Home Economics club, working under the direct supervision of the home demonstration agent, induced the city council to pass an ordinance requiring all privies to be made fly proof. This was a big step toward better sanitation and undoubtedly will lead to other improvements for controlling the breeding of flies.

How About Your Danger Zone?

YOU'VE got it—every human being is born with it—your large intestine, or colon. It is a large tube—a reservoir or sewer—intended to collect waste matter and remove it from the body.

Plug it up with waste, neglect it, and you're sick on your feet. The waste matter stagnates, undergoes decay, fermentation and germ action. Dangerous poisons are produced, that can easily be absorbed and carried all over the body.

Allow constipation to become established, and you are liable to become definitely and miserably sick—and not on your feet either. You have broken Nature's laws.

Better be kind to her. Keep the danger zone clean, with a regular bowel movement, and Nature will thank you, and pay you back in gold coin—health, good nature, and a feeling of eagerness for your daily task.

A large proportion of almost every form of sickness is caused or made worse by the poisons produced as a result of constipation.

Nujol has the approval of established medical practice, because it does not upset the system as do pills, castor oil and purgative mineral waters, salts, etc. It softens the contents of the colon, making them easy for the intestinal muscles to move at regular hours. Don't fight Nature. Help her. Nujol is health insurance for tens of thousands of American families today. Sold at drug stores everywhere.

Warning:

NUJOL is sold only in sealed bottles bearing the Nujol Trade Mark. Insist on Nujol. You may suffer from substitutes.

Nujol Laboratories
STANDARD OIL CO. (NEW JERSEY)
50 Broadway, New York



Topics of the Home and Household.

Hot water is injurious to linoleum and should never be used on it.

If bacon is steamed instead of boiled it improves the flavor and also less fat is wasted in the water.

Brass trimmings on bedsteads should not be secured with brass polishes, as that will remove the lacquer put on to prevent the brass from tarnishing. All that is needed is to rub the brass with a cloth moistened with sweet oil and then polish with a chamois skin.

Apple Ketchup—Wipe, quarter, pare and core 12 sour apples. Put in a sauce pan, cover with boiling water, bring to the boiling point and let simmer until soft, when nearly all the water should be evaporated. Then rub through a sieve. To each quart of apple pulp add the following: Mix one cupful of sugar, one teaspoonful of pepper, one teaspoonful of cloves, one teaspoonful of mustard, two teaspoons of cinnamon and one tablespoon of salt. Then add two grated onions and two cupfuls of cider vinegar. Bring the apple pulp to which the mixture has been added to the boiling point and let simmer one hour. Bottle, cork and seal while hot.—Edna Isham, east hill.

Sugarless Recipes.

The food administration has sent out the following sugarless recipes to aid housewives in using substitutes for the sweet that is now being conserved:

Frozen Apricots—1 quart canned apricots, 2 cups corn or other syrup, water. To the syrup from the apricots add the corn syrup and sufficient water to make 1 quart. Since the sweetness of the apricots varies, more or less corn syrup may be needed. Put the apricots through

a strainer, mix the pulp thoroughly with the liquid, and freeze the mixture. Egg Pudding—1 egg, 2 tablespoons corn syrup, 1/2 cup milk, 1/2 teaspoon vanilla, salt. Add the corn syrup to the egg and beat the mixture with an egg beater until it is light. Add the milk and the flavoring. Stir the mixture thoroughly, and serve it ice cold.

Rice Pudding (1)—3/4 cup rice, 1 cup water, 3 cups hot milk, 1/2 teaspoon salt, 5 tablespoons maple syrup, 1 tablespoon butter, 1/2 teaspoon vanilla, 1 cup cold milk. Soak the rice in the water for 20 minutes. Add the hot milk, and cook the rice for 15 minutes. Remove it from the heat and add the salt, the syrup, the butter and the vanilla. Turn the mixture into a greased baking dish, pour the cup of cold milk over the top, cover the dish and bake the pudding slowly for 2 hours. This pudding has an excellent flavor and a creamy consistency. It should be served warm. It needs no sauce served with it.

Rice Pudding (2)—3/4 cup rice, 1 cup water, 3 cups hot milk, 1/2 teaspoon salt, 6 tablespoons corn syrup, 1 tablespoon butter, 1/2 teaspoon vanilla, 1/2 teaspoon cinnamon, 1-3 cup coconut, 1 cup cold milk. Soak the rice in the water for 20 minutes. Add the hot milk and cook it for 15 minutes. Remove it from the heat and add the syrup, the butter, the vanilla, cinnamon and the coconut. Turn the mixture into a greased baking dish, pour the cup of cold milk over the top, cover the dish and bake the pudding slowly for 2 hours. This pudding has an excellent flavor and a creamy consistency. It should be served warm. It needs no sauce served with it.

Dried Fruits Instead of Candy.

Home cook store dryers in Oregon are considered a very necessary piece of furniture by the women in home demonstration agent counties, where they have learned of the many uses. In one section dainty boxes of home dried fruits have been prepared for Christmas gifts and to send to the boys in camps and at the front. Instead of candy, the children of this same section use the dried fruits to satisfy their natural craving for sweets.

Safe Milk for INFANTS and INVALIDS

ASK FOR The Original Horlicks Malted Milk

Nourishing Digestible No Cooking

For Infants, Invalids and Growing Children. Rich Milk, Malted Grain Extract in Powder The Original Food-Drink For All Ages. OTHERS ARE IMITATIONS

Our Portable Lamps

have been selected for their beauty, their service and quality, and at prices to suit all pocketbooks. We have on display a new shipment for the holiday trade that will catch the eye of the most fastidious. Better come in now and have your choice. Remember, we pack and deliver.

Barre Electric Company

Telephone 98-W FOR YOUR ELECTRIC WANTS

There Are A Thousand Ways to help the Government not only during the war but immediately after. Household Economy Is One

WASTE OF SUGAR

THE following bulletin was among the most forceful and effective bits of conservation propaganda at the New York Food Show last month. It was put out by the National Sugar Refining Company of New Jersey:

"Save the waste!"

"One hundred million cups coffee used daily in United States.

"Seventy million cups tea used daily in United States.

"One hundred and seventy million cups tea and coffee.

"If even an average of half a teaspoonful of sugar per cup is left undissolved at the bottom of cups of tea and coffee the waste would be 1,700,000 pounds of sugar daily.

"Stir your sugar until it dissolves. It's estimated that one-third to one-half of all sugars used in homes is used in tea and coffee. Think it over—how is it in your home? Isn't there a chance for saving?"

From New York Times
Sunday, September 29, 1918.

Take the sugar
subject for
instance:

For a table
drink select
the one re-
quiring the
least sugar.

INSTANT POSTUM

Tastes like excellent coffee
Postum Needs Less Sugar
"There's a Reason"

